

HEALTHY SCHOOL ENVIRONMENT RESOURCES

Foods Available Outside of School Meals

This list contains online resources on foods available outside of school meals including competitive foods and beverages (a la carte sales, vending machines, school stores and fundraisers), celebrations, food rewards and access to water. Resources are listed by main category. Many Web sites contain information on multiple content areas. For more content areas related to healthy school environments, see the Connecticut State Department of Education's (CSDE) other resource lists on the [Resources for School Nutrition Programs](#) Web page. The CSDE updates these lists regularly.

Quick Tips: Click on the blue highlighted titles below to go directly to each section. Use the blue highlighted "Return to Contents" at the end of each section to get back to Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

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For more information, visit the CSDE's [Nutrition Education](#) Web page or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, susan.fiore@ct.gov.

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A La Carte Sales and Vending

A La Carte and Vending Items for a Healthy School Environment. Illinois Nutrition Education and Training Program.

<http://www.kidseatwell.org/flyers/ALaCarteVending.pdf>

Bag the Junk. National Education Association (NEA) Health Information Network. This informational Web site supports the NEA's Healthier School Food Advocacy project, a national initiative to improve the nutritional quality of snack foods and beverages sold in school vending machines, cafeteria a la carte lines, school stores and fundraisers.

<http://www.neahin.org/bagthejunk/>

Better and Worse Snacks – Foods and Drinks for School Vending Machines. Center for Science in the Public Interest, 2003.

http://cspinet.org/new/pdf/better_and_worst_snacks.pdf

Building a Healthy A La Carte Program: Making Cents out of Change. Illinois Nutrition Education and Training Program.

http://healthymeals.nal.usda.gov/hsmrs/A_La_Carte.pdf

Captive Kids: Selling Obesity at Schools. An Action Guide to Stop the Marketing of Unhealthy Foods and Beverages at School. California Project LEAN, 2006. Includes information on marketing to children and youth through schools; key steps to develop policy that addresses marketing at schools; answers to legal questions; and talking points, case studies, fact sheets, additional resources and more. <http://www.californiaprojectlean.org/doc.asp?id=174>

Child Nutrition Policy Brief: Competitive Foods in Schools. Food Research & Action Center, 2004.

<http://childnutrition.ncpublicschools.gov/information-resources/competitive-foods/competitive-foods/frac-policy-brief.pdf>

Concessions. NC Division of Public Health, NC Department of Public Instruction, NC Cooperative Extension and NC Action for Healthy Kids, 2005. Two-page summary of standards for healthy foods and beverages in vending machines.

<http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/concessions.pdf>

Connecticut Beverage Requirements Web Page. Connecticut State Department of Education.

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322420>

Connecticut Competitive Foods Web Page. Connecticut State Department of Education. Information and resources on the state and federal requirements for foods sold outside of school meals. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333772>

Connecticut Healthy Food Certification Web Page. Connecticut State Department of Education.

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322420>

Connecticut List of Acceptable Foods and Beverages. Connecticut State Department of Education. A brand-specific list of food items meeting the Connecticut Nutrition Standards and beverages meeting the requirements of state statute.

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>

Connecticut Nutrition Standards Web Page. Connecticut State Department of Education.

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322422>

Connecticut School Foods and Beverages Web Page. Connecticut State Department of Education. Information and resources on the federal and state requirements for foods and beverages sold and served outside of school meals.

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416>

Develop Policies that Support Healthy Options in Vending Machines. Healthy Maine Partnerships, 2004.

http://www.healthymainepartnerships.org/panp/site/226-008-04_kit.pdf

Healthy Snack and Fundraising Ideas. University of Wyoming Cooperative Extension Service. Two variations of a two-page handout providing ideas for healthy snacks at school and healthy food or non-food fundraising ideas.

http://www.uwyo.edu/winwyoming/School_related/Snack-HO-B+W-2-03.pdf and

<http://www.uwyo.edu/winwyoming/HSNE-Snack-HO.pdf>

Recommendations for Healthier Beverages. Healthy Eating Research, Robert Wood Johnson Foundation, March 2013. A comprehensive set of age-based recommendations to define healthier beverages.

http://www.healthyeatingresearch.org/images/stories/comissioned_papers/her_beverage_recommendations.pdf

Smart Snacks Nutrition Standards Web Page. Connecticut State Department of Education. Information and resources on the USDA Smart Snacks nutrition standards for foods and beverages sold outside of school meals.

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&pm=1&Q=335400>

Smart Snacks in School Nutrition Standards. U.S. Department of Agriculture. <http://www.fns.usda.gov/school-meals/smart-snacks-school>

School Foods Tool Kit. Center for Science in the Public Interest, 2003. A comprehensive manual that provides practical advice for improving school foods. Contains background materials, facts sheets, tips on how to work with and influence school officials, how to garner community support for those changes and model policies and materials.
<http://www.cspinet.org/schoolfoodkit/>

Soft Drink and School-Age Children: Trends, Effects, Solutions. North Carolina School Nutrition Action Council, July 2002. Explores the trends in consumption by school-age children, the health consequences and possible strategies for change. Includes position paper, PowerPoint presentation and other resources. http://www.ncdhhs.gov/dph/oralhealth/library/includes/ed-materials/Soft_Drinks_and_School_Age_Children.pdf

Soft Drinks in Schools, American Academy of Pediatrics Policy Statement. Pediatrics, 113 (1), January 2004.
<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;113/1/152>

Suggestions for Nutritious Snacks. Texas Department of Agriculture, 2006. Handout in English and Spanish on healthy snacks for home and school. <http://www.squaremeals.org/Portals/8/files/publications/Nutritious%20Snack%20Broch2.pdf>

Vending Machines. NC Division of Public Health, NC Department of Public Instruction, NC Cooperative Extension and NC Action for Healthy Kids, 2005. Two-page summary of standards for healthy foods and beverages in vending machines.
<http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/vending.pdf>

Vending Machines – Use the Right Sense. Food and Health Communication, 2006. Suggestions for healthy choices.
<http://www.foodandhealth.com/vending.pdf>

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Celebrations

Celebrations at School. North Carolina Action for Healthy Kids, 2007.

<http://www.nutritionnc.com/ResourcesForSchools/pdf/esmm/AdvocacyTools/ActionTools/CelebrationsAtSchool.pdf>

Create Healthy, Active Celebrations: Easy Ways To Eat Smart and Play Hard with Friends and Family. U.S. Department of Agriculture, May 2008. <http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/QuickandEasy/celebrations.pdf>

Ghoulishly Great Ideas for Halloween Parties and Trick-or-Treating. Center for Science in the Public Interest, 2005. Tips to help parents, teachers, health professionals and others create more healthful Halloween celebrations. The tips include shifting some of the focus from low-nutrition foods to activities and crafts and recipes and suggestions for healthier alternatives to candy. <http://cspinet.org/new/pdf/halloween.pdf>

Healthy Celebrations: Promoting a Healthy School Environment. Connecticut State Department of Education, Revised November 2011. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Celebrations.pdf

It's Time to Celebrate: Food-Free Celebrations. Mealtime Memo, October 2012, National Food Service Management Institute. <http://www.nfsmi.org/documentlibraryfiles/PDF/20121030022620.pdf>

Let's Celebrate! Ready to think outside the cake box? Texas Department of Agriculture, 2005. Recipes for healthy celebrations. <http://www.squaremeals.org/Portals/8/files/publications/Outside%20the%20Cake%20Box.pdf>

Let's Party, Let's Play! West Virginia Department of Education. Online toolkit for classroom celebrations. <http://wvde.state.wv.us/nutrition/toolkit/partyoverview.html>

Make Celebrations Fun, Healthy & Active: 10 Tips to Creating Healthy, Active Events. U.S. Department of Agriculture, DG TipSheet No. 20, May 2012. <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet5GotYourDairyToday.pdf>

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Data and Studies on Competitive Foods

- Availability of Competitive Foods and Beverages: New Findings from U.S. Elementary Schools.* Bridging the Gap Research Brief, Robert Wood Johnson Foundation, June 2010.
http://www.bridgingthegapresearch.org/_asset/qvb125/BTG_Brief_Competitive_Foods_Beverages_June_2010_final.pdf
- Competitive Foods and Beverages Available for Purchase in Secondary Schools--Selected Sites, United States, 2006.* Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), August 29, 2008/57(34);935-938.
<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5734a2.htm>
- Foods and Beverages Sold Outside of the School Meal Programs (Fact Sheet).* CDC's School Health Policies and Programs Study (SHPPS).
http://www.cdc.gov/HealthyYouth/shpps/2006/factsheets/pdf/FS_FoodandBeverages_SHPPS2006.pdf
- Foods Sold in Competition with USDA School Meal Programs, A Report to Congress.* U.S. Department of Agriculture, January 12, 2001.
http://www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf
- Foods Sold Outside of School Meals (Competitive Foods).* Research Brief. Robert Wood Johnson Foundation, 2007. This report summarizes four studies related to competitive foods sold in schools. Findings indicate 1) the correlation between the availability of snacks and drinks in schools and high intakes of overall calories, soft drinks and fat; and 2) children who consume competitive foods in schools have lower intakes of fruits, vegetables and calcium.
http://www.healthyeatingresearch.org/images/stories/her_research_briefs/hercompetfoodsresearchbrief.pdf
- Health Impact Assessment: National Nutrition Standards for Snack and a la Carte Foods and Beverages Sold in Schools.* Robert Wood Johnson Foundation and The Pew Charitable Trusts, 2012. Considers the possible health and financial impacts of the USDA's nutrition standards for competitive school foods. Includes a summary of current research and a review of existing state policies' guidelines on snack and a la carte foods and beverages sold in schools.
http://www.pewhealth.org/uploadedFiles/PHG/Content_Level_Pages/Reports/KS_HIA_revised%20WEB%20FINAL%2073112.pdf
- How Competitive Foods in Schools Impact Student Health, School Meal Programs and Students from Low-Income Families.* Food Research and Action Center, Issue Briefs for Child Nutrition Reauthorization, Number 5, June 2010. http://frac.org/newsite/wp-content/uploads/2010/04/cnr05_competitivefoods.pdf
- Influence of Competitive Food and Beverage Policies on Children's Diets and Childhood Obesity, Research Review.* Healthy Eating Research, Bridging the Gap, Robert Wood Johnson Foundation, July 2012.
<http://www.cdc.gov/obesity/downloads/ChildrensFoodEnvironment.pdf>
- Pricing and promotion effects on low-fat vending snack purchases. The CHIPS study.* French, S., Jeffery, R., Story, M. et al. American Journal of Public Health 2001; 91:112-117. Low-fat snacks were added to 55 vending machines in schools with a pricing intervention. Reducing relative prices on low-fat snacks was effective in promoting lower-fat snack purchases from vending machines in both adult and adolescent populations. Average profits per machine were not affected. Abstract at http://www.ajph.org/cgi/content/abstract/91/1/112?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&searchid=1042720530689_199&stored_search=&FIRSTINDEX=0&volume=91&firstpage=112&journalcode=ajph
- Raw Deal: School Beverages Contracts Less Lucrative Than They Seem.* Center for Science in the Public Interest, December 2006. A multi-state analysis of school systems' contracts with beverage companies found that revenue generated by soft drink sales in schools is modest and could be replaced by the sale of healthier beverages or by alternative fundraisers that don't undermine children's diets or health. <http://cspinet.org/beveragecontracts.pdf>
- School Food Unwrapped: What's Available and What Our Kids Actually Are Eating.* Child Trends Research Brief, November 2008.
http://www.childtrends.org/Files//Child_Trends-2008_11_17_RB_SchoolFoodPolicy.pdf
- School Meal Programs: Competitive Foods Are Widely Available and Generate Substantial Revenues for Schools (GAO-05-563).* Government Accountability Office, August 8, 2005. <http://www.gao.gov/new.items/d05563.pdf>

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Financial Impact of Healthy Foods

- Arizona Healthy School Environment Model Policy Implementation Study.* Arizona Department of Education, 2005. Study with eight pilot schools found no negative financial impacts after making healthy changes to a la carte food selections in the cafeteria, vending and school stores. http://cspinet.org/nutritionpolicy/AZPilot_RevenueReport.pdf
- Controlling Junk Food and the Bottom Line: Case Studies of Schools Successfully Implementing Strong Nutrition Standards for Competitive Foods and Beverages.* Illinois Public Health Institute and University of Illinois at Chicago, 2013. http://iphionline.org/pdf/IPHI_Controlling_Junk_Food_Report_32113.pdf
- Dollars and Sense: The Financial Impact of Selling Healthier School Foods.* The Center for Weight and Health, University of California, Berkeley, 2007. Summarizes the impact of implementing California's nutrition standards (SB19) in 15 middle schools and 5 high schools. The study found that meal participation increased and that when students buy more meals and fewer snack foods, food service revenues increase. Increases in meal revenues more than compensated for any losses in competitive food and beverage sales. http://www.cspinet.org/nutritionpolicy/Dollarssense_07.pdf
- Financial Impacts of Nutrition Standards for Snacks Sold in Schools.* Kids' Safe and Healthful Foods Project, 2012. <http://www.healthyschoolfoodsnow.org/financial-impacts-of-nutrition-standards-for-snacks-sold-in-schools/>
- Healthy Foods and Healthy Finances. How Schools Are Making Nutrition Changes That Make Financial Sense.* Action for Healthy Kids, 2003. Documents success stories at eight schools that made healthy changes and either maintained or increased income. <http://www.cde.state.co.us/cdenutritran/download/pdf/WPHHealthyFoodsandHealthyFinances.pdf>
- Implementing Strong Nutrition Standards for Schools: Financial Implications.* Centers for Disease Control and Prevention, 2003. http://www.cdc.gov/healthyyouth/nutrition/pdf/financial_implications.pdf
- Interactive Calculator.* Kids' Safe and Healthful Foods Project, The Pew Charitable Trusts. Shows the total food service revenue and overall nutritional value of a USDA school meal compared to those of an a la carte lunch and vending machine sales. <http://www.healthyschoolfoodsnow.org/calculating-the-cost/>
- LEAF (Linking Education, Activity and Food) Fiscal Impact Report.* Center for Weight and Health, University of California, Berkeley, 2005. Study of 16 middle and high schools that implemented California's legislated nutrition standards for competitive foods (SB 19/56) found that the majority of schools experienced increased revenues due to increased meals and reimbursements and that increases in reimbursable meal sales frequently compensated for losses in a la carte sales. http://cspinet.org/nutritionpolicy/LEAF_Fiscal_ImpactReport.pdf
- Making It Happen! School Nutrition Success Stories.* U.S. Department of Agriculture, 2005. Highlights 32 schools and school districts that implemented innovative approaches to improve the nutritional quality of foods and beverages offered and sold on school campuses outside of school meals. The most consistent theme emerging from the stories is that students will buy and consume healthful foods and beverages and schools can make money from healthful options. <http://www.fns.usda.gov/tn/Resources/makingithappen.html>
- Schools and School Districts That Have Improved School Foods and Beverages and Not Lost Money.* Center for Science in the Public Interest, February 2007. Documents success stories at 13 schools that made healthy changes and either maintained or increased income. http://cspinet.org/nutritionpolicy/improved_school_foods_without_losing_revenue2.pdf
- The Economic Impact of National School Nutrition Standards on Schools and the Beverage Industry.* Center for Science in the Public Interest, May 2012. http://cspinet.org/new/pdf/economic_impact_school_nutrition_standards.pdf

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Food Rewards

Alternatives to Food as Reward: Promoting a Healthy School Environment. Connecticut State Department of Education, Revised November 2011. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Food_Rewards.pdf

Alternatives to Using Food as a Reward. Michigan State University Extension, 2003.
http://www.michigan.gov/documents/mde/foodrewards_290201_7.pdf

Constructive Classroom Rewards: Promoting Good Habits While Protecting Children's Health. Center for Science in the Public Interest, 2004.
http://cspinet.org/nutritionpolicy/constructive_rewards.pdf

Non-Food Reward Ideas. University of California, 5 A Day Power Play. <http://ucce.ucdavis.edu/files/filelibrary/284/28142.pdf>

Non-Food Ways to Raise Funds and Reward a Job Well Done. Texas Department of Agriculture, 2004.
<http://www.squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf>

Rewards and Incentives. NC Division of Public Health, NC Department of Public Instruction, NC Cooperative Extension and NC Action for Healthy Kids, 2005. http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/rewards_incentives.pdf

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Fundraisers and School Stores

The inclusion of commercial fundraising Web sites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education.

- A+ Fundraisers for High Schools*. New York City Department of Health and Mental Hygiene (No Date).
<http://www.nyc.gov/html/doh/html/cdp/cdp-pan-healthy-hs.shtml>
- All It Takes is Nutritious SEN\$E. Students Encouraging Nutritious Snacks Everyday!* Montana State University and Montana Office of Public Instruction. This toolkit guides schools through key concepts and considerations necessary to make positive changes for healthy foods and beverages in school stores. http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/wellness.html
- Beyond the Bake Sale*. National Public Radio, 2002. Series on how public schools are turning to private money, the benefits and the consequences. <http://www.npr.org/programs/morning/features/2002/oct/schools/index.html>
- Concessions*. North Carolina School Nutrition Action Council, 2005. Two-page summary of standards for healthy foods and beverages at concessions. <http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/concessions.pdf>
- Creative Financing and Fun Fundraising*. California Project Lean, California Department of Health Services, Revised 2010. http://www.co.shasta.ca.us/HHSA/CommunityPartners/Creative_Fundraising.sflb.ashx
- Healthy Fundraising*. An informational website that focuses on childhood obesity prevention by promoting healthy fundraising activities in schools. The website provides links, tips and information on childhood obesity, healthy trends in fundraising, school health legislation and school nutrition issues. <http://www.healthy-fundraising.org/>
- Healthy Fundraising/Health Related Fundraising*. Commercial site with links to businesses that sell healthy products. <http://www.fundraiser-finder.com/fundraising-cat/healthy.php>
- Healthy Fundraising: Promoting a Healthy School Environment*. Connecticut State Department of Education, Revised November 2011. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Fundraising.PDF
- Fundraise Naturally (Natural Neighborhood)*. Connecticut's first healthy product fundraising program. Raise money and consciousness with organic soaps and soy candles. <http://www.fundraisenaturally.com/>
- Non-Food Ways to Raise Funds and Reward a Job Well Done*. Texas Department of Agriculture, 2004. <http://www.squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf>
- Power Up*. Portland Public Schools. Handouts addressing, Healthy School Stores; Smart Fundraisers for Healthy Schools; Alternatives to Food Rewards; Quick & Easy Healthy School Party Snack Ideas; Healthy School Snacks & Parties; Healthy Food & Beverages for School Staff Meetings; and Healthy Food & Beverages for Student Activities. <http://www.healthymainekids.org/resource/d/82401/PowerUp.pdf>
- Project Green Schools*. Fundraising program with nonfood items. <http://www.projectgreenschools.org/>
- School Fundraising Tool Kit*. Eat Smart Move More North Carolina. <http://www.eatsmartmovemorenc.com/SchoolFundraisingTlkt/SchoolFundraisingTlkt.html>
- School Stores*. NC Division of Public Health, NC Department of Public Instruction, NC Cooperative Extension and NC Action for Healthy Kids, 2005. http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/school_stores.pdf
- Sweet Deals: School Fundraising Can Be Healthy and Profitable*. Center for Science in the Public Interest, 2007. This report dispels a number of myths about the need to sell junk food in schools and provides contact information for more than 60 companies that offer healthy fundraising options. <http://www.cspinet.org/schoolfundraising.pdf>
- Twenty Ways to Raise Funds Without Candy*. Illinois Nutrition Education and Training Program. <http://www.kidseatwell.org/flyers/twentywaystoraisefunds.pdf>

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Healthy Food Certification

Application Forms for Healthy Food Certification. Connecticut State Department of Education..

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322424>

Connecticut Nutrition Standards. Connecticut State Department of Education. Information and resources on the state nutrition standards for foods sold separately from school meals. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322422>

Contact Information for Vendors Selling Food and Beverages Listed on the Connecticut State Department of Education's List of Acceptable Foods and Beverages. Connecticut State Department of Education. A list of manufacturers, brokers and distributors selling foods and beverages that meet state requirements.

<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/VendorsHealthySnacks.pdf>

Documentation Forms for Healthy Food Certification. Connecticut State Department of Education..

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322428>

Evaluating Foods for Compliance with Connecticut Nutrition Standards. Connecticut State Department of Education.

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322430>

Healthy Food Certification. Connecticut State Department of Education. Information and resources on Connecticut's healthy food certification. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322420>

List of Acceptable Foods and Beverages. Connecticut State Department of Education. A brand-specific list of food products that meet the Connecticut Nutrition Standards and beverages that meet the requirements of state statute

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>

Questions and Answers on Connecticut Statutes for School Foods and Beverages. Connecticut State Department of Education.

http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf

Requirements for Healthy Food Certification. Connecticut State Department of Education..

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322426>

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Healthy Snacks

25 Healthy Snacks for Kids. American Dietetic Association, 2009.

<http://www.eatright.org/WorkArea/linkit.aspx?LinkIdentifier=id&ItemID=10825>

Healthy Habits for Healthy Kids: A Nutrition and Activity Guide for Parents. American Dietetic Association, 2003.

http://www.anthem.com/healthyhabits/noapplication/f0/s0/t0/pw_a081296.html

Healthy School Snacks. Center for Science in the Public Interest.

http://www.cspinet.org/nutritionpolicy/healthy_school_snacks.pdf

Healthy Snack Turn. A wheel to help food service directors analyze snack foods to see if they fit within nutritional guidelines of 30/35% or less of total calories from fat, 10% or less of total calories from trans/saturated fat and 35% or less of weight from sugars (excluding naturally occurring sugars). Ordering Information at <http://www.kidfitconnections.com>

Healthy Snacks. Center for Science in the Public Interest, 2005. Provides healthy snack ideas for teachers, parents and others to provide in the classroom, after-school programs and outside of school. <http://cspinet.org/healthysnacks/> (A shorter one-page version is available at http://www.cspinet.org/nutritionpolicy/snacks_summary.pdf)

Kid-Pleasing Healthy Snacks. New England Dairy Council, 2005. http://www.newenglanddairy.com/docs/Kid-pleasing_healthy_snacks.pdf

Nutrition Calculator. Iowa Department of Education. An online calculator to determine whether foods comply with the Iowa Healthy Kids Act's (HKA) nutrition standards for a la carte, vending, and regulated fundraising items sold to students during the school day. <https://www.educateiowa.gov/pk-12/nutrition-programs/nutrition-calculator>

Snack Food Calculator. California Project LEAN. An online snack food calculator to determine if an individual food item meets nutrition standards for fat, saturated fat and sugar established by California's legislation. http://www.californiaprojectlean.org/calculator_MH_S.asp?id=180

Snacks Can Be Healthy – Let's Make One! http://www.nal.usda.gov/wicworks/Sharing_Center/MD/snacksMD.pdf

Snackwise Calculator. Center for Healthy Weight and Nutrition at Nationwide Children's Hospital. A research-based snack rating system that calculates the nutrient density of snack foods based on ten parameters including total calories, total fat, saturated fat, sugar, protein, fiber, calcium, iron and vitamins A and C. The online calculator is free but there is a cost for additional support resources. <http://www.snackwise.org>

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Nutrition Standards

- California School Food and Beverage Standards*. California Project LEAN. <http://www.californiaprojectlean.org/doc.asp?id=179>
- Choosing Healthy Foods and Beverages for Meetings, Conferences and Events*. Centers for Disease Control and Prevention, 2003. Guidelines for selecting healthier foods and beverages for meetings, conferences and other work-related events. http://www.cdc.gov/nccdphp/dnpa/pdf/Healthy_Worksite_Food.pdf
- Connecticut Nutrition Standards*. Connecticut State Department of Education. Information and resources on the state nutrition standards for foods sold separately from school meals. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322422>
- Connecticut Nutrition Standards for Food in Schools*. Connecticut State Department of Education. Developed in response to Section 10-215e of the Connecticut General Statutes, these standards address all food items that are sold separately from a reimbursable school lunch or breakfast. The Connecticut Nutrition Standards must be followed by all schools in any eligible public school district that chooses to implement the healthy food certification under Section 10-215f of the Connecticut General Statutes and receive additional funding. The standards apply to all sources of food sales to students, including, but not limited to, school stores, vending machines, school cafeterias and any fundraising activities on school premises. <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/CTNutritionStandards.pdf>
- Eat Smart: North Carolina's Recommended Standards for all Foods Available in School*. North Carolina Department of Health and Human Services, 2004. <http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/EatSmartSchoolStds.html>
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